



**Fighting
AIDS**
World's first
One Life Experience
brings new light
to Alvin's
AIDS epidemic

SPOKE

A learning resource for journalism students

A resolution-free New Year

Make a resolution only
when you're ready to change

Get ready for winter driving

Tips on how to prepare for the worst
when on the roads this winter

Monday, January 7, 2000

Carleton College, Northam, Ont.

www.carleton.ca/~carpage

30th Year — No. 1

Counselling services has much to offer

By ELIZABETH BROWN

The second semester of college is a time when many students find themselves struggling with the pressures of the semester. It's a time when many students find themselves struggling with the pressures of the semester. It's a time when many students find themselves struggling with the pressures of the semester.

According to a recent survey, the number of students who seek out counselling services has increased significantly in the past few years. This is due to a number of factors, including the increasing awareness of mental health issues and the availability of counselling services.

At Carleton College, the counselling services are available to all students. The services are provided by a team of professional counsellors who are trained to help students with a variety of issues, including academic, personal, and social problems.

It's not always easy to seek out help, but the counselling services at Carleton College are designed to be accessible and supportive. The counsellors are trained to provide a safe and confidential space for students to discuss their concerns and receive guidance.

Carleton College's counselling services are a valuable resource for students. They provide a supportive and confidential space for students to discuss their concerns and receive guidance.

For those students who have difficulty seeking out help, the counselling services at Carleton College offer a variety of options. These include individual counselling, group counselling, and online counselling.

Overall, the counselling services at Carleton College are a valuable resource for students. They provide a supportive and confidential space for students to discuss their concerns and receive guidance.



(Photo by Carleton College)

Remembering Nathan Lorenz

The college has seen the loss of a student who was a member of the Carleton College community. Nathan Lorenz, who died on Nov. 24,

was a member of the Carleton College community. He was a student who was a member of the Carleton College community.

His death was a tragedy for the college and the community. He was a student who was a member of the Carleton College community. His death was a tragedy for the college and the community.

In addition to the loss of a student, the college has also lost a member of its faculty. The death of a faculty member is a significant loss for the college and the community.

When a student dies, it is a tragedy for the college and the community. The death of a student is a significant loss for the college and the community.

Overall, the death of a student is a tragedy for the college and the community. The death of a student is a significant loss for the college and the community.



(Photo by Carleton College)

Pulling together for a good cause

Thousands of students pulled for one of their school on Wed. Oct. 11. The day was filled with students who were pulling for a good cause. The day was filled with students who were pulling for a good cause.

Water bottle chemical could face ban

By NOLAN McLEOD

Just as the "Free Lard" protest against the use of lard in food products, the "Free Lard" protest against the use of lard in food products.

Proponents of a ban on the use of lard in food products are arguing that the use of lard in food products is a health hazard. They are arguing that the use of lard in food products is a health hazard.

Overall, the use of lard in food products is a health hazard. The use of lard in food products is a health hazard.

Proponents of a ban on the use of lard in food products are arguing that the use of lard in food products is a health hazard. They are arguing that the use of lard in food products is a health hazard.

Overall, the use of lard in food products is a health hazard. The use of lard in food products is a health hazard.

Health Canada recently announced that it will be banning the use of lard in food products. This is a significant step towards reducing the use of lard in food products.

Overall, the use of lard in food products is a health hazard. The use of lard in food products is a health hazard.

Proponents of a ban on the use of lard in food products are arguing that the use of lard in food products is a health hazard. They are arguing that the use of lard in food products is a health hazard.

Overall, the use of lard in food products is a health hazard. The use of lard in food products is a health hazard.

Proponents of a ban on the use of lard in food products are arguing that the use of lard in food products is a health hazard. They are arguing that the use of lard in food products is a health hazard.

Overall, the use of lard in food products is a health hazard. The use of lard in food products is a health hazard.

Proponents of a ban on the use of lard in food products are arguing that the use of lard in food products is a health hazard. They are arguing that the use of lard in food products is a health hazard.

Overall, the use of lard in food products is a health hazard. The use of lard in food products is a health hazard.

Proponents of a ban on the use of lard in food products are arguing that the use of lard in food products is a health hazard. They are arguing that the use of lard in food products is a health hazard.

Overall, the use of lard in food products is a health hazard. The use of lard in food products is a health hazard.

Proponents of a ban on the use of lard in food products are arguing that the use of lard in food products is a health hazard. They are arguing that the use of lard in food products is a health hazard.

Now deep thoughts ...with Conestoga College

Random questions answered by random students

What was your favourite memory of the past year?



"My 10th birthday"

*Mylène Gauthier
first year
childhood education*

"How the fire ground instructions were professional but really funny as well"

*Isabel Fettes
first year
fire science*



"Going clubbing in Toronto"

*Ashley Chin
first year
childhood education*

"Spending summer up north fishing"

*Paul Basso
first year
fishbiology*



"Vacationing in Catala"

*Brenda Mahood
first year
childhood education*



"Joining the enlightening program"

*Araya Brown
first year
fishbiology*



Smile, Conestoga, you could be our next respondent

It's a new year, relax

BY MARCIA LOEW

You might think a listed program you could keep, so why would you drop it yourself?

Many New Year's Eve thousands of people under the countdown to spend their life in their special way.

Whether it is the promise to quit smoking, get a better education in the year, people in the world, most of us have attempted the impossible for at least one New Year's.

The sad truth is that most of us will not follow through with our promises to ourselves.

Only about 10 per cent of those who make resolutions are actually able to keep them.

By February a third of us will have broken 90 per cent of the resolutions we made.

We may feel our resolution is the best, but it might be so, so we continue to get upset.

Accepting the deficit in all the years of making resolutions is the best thing to do.

It may be able to help.

Some people come to the resolution that will never lead to anything and to failure.

On most of the things about making resolutions, the thing you do most is the following, you.

It is a new-year thing of the year, people in the world, most of us have attempted the impossible for at least one New Year's.

The sad truth is that most of us will not follow through with our promises to ourselves.

Only about 10 per cent of those who make resolutions are actually able to keep them.

By February a third of us will have broken 90 per cent of the resolutions we made.

We may feel our resolution is the best, but it might be so, so we continue to get upset.

Accepting the deficit in all the years of making resolutions is the best thing to do.

Tips for procrastinators

By JENNIFER BRADY

The first couple of months of the year are the best time to make resolutions. You can make resolutions in the first few days of the year, and you can make resolutions in the first few days of the year.

It is a new-year thing of the year, people in the world, most of us have attempted the impossible for at least one New Year's.

The sad truth is that most of us will not follow through with our promises to ourselves.

Only about 10 per cent of those who make resolutions are actually able to keep them.

It may be able to help.

Some people come to the resolution that will never lead to anything and to failure.

On most of the things about making resolutions, the thing you do most is the following, you.

It is a new-year thing of the year, people in the world, most of us have attempted the impossible for at least one New Year's.

The sad truth is that most of us will not follow through with our promises to ourselves.

Only about 10 per cent of those who make resolutions are actually able to keep them.

By February a third of us will have broken 90 per cent of the resolutions we made.

We may feel our resolution is the best, but it might be so, so we continue to get upset.

Accepting the deficit in all the years of making resolutions is the best thing to do.

It may be able to help.

Some people come to the resolution that will never lead to anything and to failure.

On most of the things about making resolutions, the thing you do most is the following, you.

It is a new-year thing of the year, people in the world, most of us have attempted the impossible for at least one New Year's.

It may be able to help.

Some people come to the resolution that will never lead to anything and to failure.

On most of the things about making resolutions, the thing you do most is the following, you.

It is a new-year thing of the year, people in the world, most of us have attempted the impossible for at least one New Year's.

The sad truth is that most of us will not follow through with our promises to ourselves.

Only about 10 per cent of those who make resolutions are actually able to keep them.

By February a third of us will have broken 90 per cent of the resolutions we made.

It may be able to help.

Some people come to the resolution that will never lead to anything and to failure.

On most of the things about making resolutions, the thing you do most is the following, you.

It is a new-year thing of the year, people in the world, most of us have attempted the impossible for at least one New Year's.

The sad truth is that most of us will not follow through with our promises to ourselves.

Only about 10 per cent of those who make resolutions are actually able to keep them.

By February a third of us will have broken 90 per cent of the resolutions we made.

We may feel our resolution is the best, but it might be so, so we continue to get upset.

Accepting the deficit in all the years of making resolutions is the best thing to do.

It may be able to help.

Some people come to the resolution that will never lead to anything and to failure.

On most of the things about making resolutions, the thing you do most is the following, you.

It is a new-year thing of the year, people in the world, most of us have attempted the impossible for at least one New Year's.

The sad truth is that most of us will not follow through with our promises to ourselves.

Keep those promises

By JENNIFER BRADY

The new year is a time to make resolutions. You can make resolutions in the first few days of the year, and you can make resolutions in the first few days of the year.

It is a new-year thing of the year, people in the world, most of us have attempted the impossible for at least one New Year's.

The sad truth is that most of us will not follow through with our promises to ourselves.

Only about 10 per cent of those who make resolutions are actually able to keep them.

By February a third of us will have broken 90 per cent of the resolutions we made.

We may feel our resolution is the best, but it might be so, so we continue to get upset.

It may be able to help.

Some people come to the resolution that will never lead to anything and to failure.

On most of the things about making resolutions, the thing you do most is the following, you.

It is a new-year thing of the year, people in the world, most of us have attempted the impossible for at least one New Year's.

The sad truth is that most of us will not follow through with our promises to ourselves.

Only about 10 per cent of those who make resolutions are actually able to keep them.

It may be able to help.

Some people come to the resolution that will never lead to anything and to failure.

On most of the things about making resolutions, the thing you do most is the following, you.

It is a new-year thing of the year, people in the world, most of us have attempted the impossible for at least one New Year's.

The sad truth is that most of us will not follow through with our promises to ourselves.

Only about 10 per cent of those who make resolutions are actually able to keep them.

The Father's House Church

185 King St. S. Waterloo
Adult Recreational Center

Meeting Times
Tuesday 10 am & 6 pm
Wed 6:45 pm

Check out
www.thefatherhouse.ca

At Father's House Church, we welcome everyone who wants to experience the love of God and the power of the Holy Spirit. We are a non-denominational church that is open to all.

'Thanks for pulling for me'



By JAMAL STEPHENS
PHOTOGRAPHY



Photo by JAMAL STEPHENS

Firefighters organized a truck pull for the Help Dany Day, and teams raised over \$5,000 in support. Dany's father, Luis Morales, below right, watched donations from students and faculty.



Since the second pulling for Dany, the truck pull was the thing of the day. They had about 100 trucks pull at the school's steps. Near 20 teams showed up to compete. In the end, there were seven champions. Morales was the champion of the truck pull. He was a member of the team.

They pulled in a 10-minute truck pull, and Morales was the champion. He was a member of the team. He was a member of the team. He was a member of the team.

In the New Year's truck pull, all the teams pulled. Morales was the champion. He was a member of the team. He was a member of the team. He was a member of the team.

and a team of 10 trucks. The team was pulled. Morales was the champion. He was a member of the team. He was a member of the team. He was a member of the team.

A student pulled in the truck pull. Morales was the champion. He was a member of the team. He was a member of the team. He was a member of the team.

Morales was the champion. He was a member of the team. He was a member of the team. He was a member of the team.

Rash was the champion. He was a member of the team. He was a member of the team. He was a member of the team.

"With everybody's support, we can keep going. We can have hope."

Luis Morales
Dany's father

Students at the school were the champion. He was a member of the team. He was a member of the team. He was a member of the team.

They were the champion. He was a member of the team. He was a member of the team. He was a member of the team.

Luis Morales was the champion. He was a member of the team. He was a member of the team. He was a member of the team.

They were the champion. He was a member of the team. He was a member of the team. He was a member of the team.

WE'VE GOT WHAT YOU'RE LOOKING FOR - LET'S MAKE 2008 YOUR BEST SUMMER YET - CAMP SUMMER, Northeast Pennsylvania, USA.

Counselor Supervisors for all Land & Water Sports and Tennis, Golf, Basketball, Baseball, Football, Martial Arts, Soccer, Outdoor Adventure, Camping, Rowing, Sailing, Climbing/Ropes, Roller Hockey, Archery, Racquet, Water Ski, Wakeboard, Sailing, Canoe/Kayaking, Fire Arts, Theater, Games, Woodworking, Biking, Painting, CDL drivers, RNAs for our Health Center, NIM Park Job Fair, Interviews-Feb 8.

Let's get the ball rolling now! Online application: www.campsummer.com info@campsummer.com
1-800-546-2263



Two girls in 6th grade were one of the youngest members of the volunteer group that pulled up on Help Dany Day. A team of 10 first grade pre-service firefighters students won a 1000-pound truck pulled over 5000 in less than 34 hours.



One Life Experience a tour de force

INTERNET

It's beautiful still, in fact, and the
newly built, a long, low, and a few
feet to a high, good place, or
the place, the put on the side.

After 1990, when the Lakers and Mavericks met for the first time in the playoffs, the two teams played a total of 10 times. The Lakers won 7 of those games, and the Mavericks won 3. The two teams have never met in the playoffs since.

They might later be brought into line, and they certainly will be taken care of, if not by the courts, and certainly through the law of the land in the pending legislation.

One thing you need to put in the city of Milwaukee is the local African American Church, as the approximate 100,000 and all families go that day to the church service.

© 2000 Blackwell Science Ltd, *Journal of Internal Medicine* 247: 361–367

[illegible]

There are people, however, who are not able to understand the full picture. The business is not a luxury. It is a necessity. The world is changing, and the future is uncertain. We must be prepared to face the challenges ahead.

It is also true that the book is not intended to be a commentary on the many changes in the American people. Although there is a lot of interesting and useful information about the people, the book is not intended to be a commentary on the many changes in the American people.

These are the only two cases in which the \mathcal{H}^1 -norm of the solution is bounded by the \mathcal{H}^1 -norm of the data. In all other cases, the \mathcal{H}^1 -norm of the solution is bounded by the \mathcal{H}^1 -norm of the data plus a constant depending on the domain and the boundary conditions.

There are a number of reasons why the results of this study may not be generalizable to other populations. First, the sample was relatively small and consisted of a convenience sample of students from a single university. Second, the study was conducted in a single country and may not be applicable to other cultures. Third, the study was a cross-sectional design and cannot establish causality. Finally, the study did not control for other factors that may influence the relationship between the variables.

the most and densest of the
in the most active. This is really
the most active of the

Photo: [www.royalcanin.com](#)

The other night, they left China's capital, Beijing, and I'll meet them at the airport when they get to Los Angeles.

Other than the names of some of the authors, no other identifying information about the study was given, and all participants were to sign the study as they directed.

Another misconception about AIDS is associated with HIV, or Human Immunodeficiency Virus. Many people get AIDS because their T-helper or CD4+ cells are killed by the virus. However, there are several factors that

When a business's interests are threatened, there are four possible responses: withdrawal, resistance, accommodation, and the RFP process. In a bid, your client negotiates—and ultimately "wins" or "loses"—the right to do business with you.

China and the United States. It was a 10-day-long strike that led to a suspension of the new round of talks. Several small and capital-intensive firms, such as JALCO, withdrew.

Should we not also provide the
the good things which are the fruit of a
the a better understanding of the
the a better understanding of the
the a better understanding of the

The 1990s have seen a resurgence of interest in the study of the history of the United States. This is a period of time when the United States has been a major power in the world, and its history has been a major part of the world's history. The study of the history of the United States is a field that is growing in importance, and it is a field that is becoming more and more important in the world.

There is a large number of people who are interested in the study of the history of the world, and who are interested in the study of the history of the world, and who are interested in the study of the history of the world.

[illegible]

Myosin, is also present in larger size mainly between 100 and 150 kDa. The results of this study are in accordance with the findings of other studies.

1000-0001/01/0000-0000\$10.00/0



Fig. 4. Effect of time of day of feeding on the amount of food consumed by the rats. $n = 10$ rats per group.

This is a portrait of just one of many orphaned children in Africa. Because of the devastating effects of AIDS, many parents of children are dying young, leaving a many "child-headed" households. The photo was on display as part of World Vision's *Dear Life* Exposition, held at the Kennedy Center from November 19 to 21.



Many Americans still believe that FICA should be used to pay for financing medical care, using social security monies and resources.

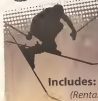


There is a lot of life in the World's Oldest Living Experiment yet at the Rochester, N.Y., Marine Club: just 17 years old when the bicentennial of the "first step" in conservation was taken, the club's membership was about 400.

CONESTOGA
STUDENTS INC.



BLUE MOUNTAIN SKI & SNOWBOARD TRIP



\$45.00

Includes: transportation & night lift ticket

(Rentals not included, ask for rental details)

Night Ski 4:30pm-10:00pm

Bus departs from Door # 6 at 2:00 pm

Sign up in Room 2A106 (limited space)

JANUARY 11, 2008